

20 Kihon

. Tsuki

- Choku Tsuki
- Kaeshi Tsuki
- Ushiro Tsuki
- Tsuki Gedan Gaeshi
- Tsuki Jodan Gaeshi

. Menuchi

- Shomen Uchikomi
- Renzoku Uchikomi
- Menuchi Gedan Gaeshi
- Menuchi Ushiro Tsuki
- Gyako Yokomen Ushiro Tsuki

. Hasso Gaeshi

- Hasso Gaeshi Uchi
- Hasso Gaeshi Tsuki
- Hasso Gaeshi Ushiro Tsuki
- Hasso Gaeshi Ushiro Uchi
- Hasso Gaeshi Ushiro Barai

. Katate

- Katate Gedan Gaeshi
- Toma Katate Uchi
- Katate Hachi-No-Ji Gaeshi

. Nagare Gaeshi

- Hidari >Nagare Gaeshi Uchi
- Migi >Nagare Gaeshi Tsuki

Jo Kata

- Kata 13
- Kata 22
- Kata 31

Jo - Jo

- Jo Awase (1-8)
- Kummi Jo (1-7)
- Nya Kummi Jo (1-10)

Jo - Bokken

- Kentaijo (1-7)
- 1-3
- 4-5

- 6-7